

Smoking Cessation

Quitline NC: Quitline NC is free, confidential, one-on-one support and in addition to new extended hours of 6am-3am, nicotine replacement therapy - patch, gum and lozenge - is now available for every person who enrolls. 1-800-QUIT-NOW

Nutrition/ Weight Management/Exercise

Academy of Nutrition and Dietetics: Under the Healthy Lifestyle section, you will find a number of educational fact sheets on nutrition as well as many healthy lifestyle tips! This site also provides a Healthy Lifestyle FAQ section to help answer those frequently asked questions. www.eatright.org

Vidant Wellness Center: Offers registered dietician services including individual consults, OPTIFAST, and Bariatric Surgery Support. For more information, please call 252-847-9908 or 252-975-4236.

Hildred T Moore Aquatic & Fitness: 101 Airport Road Washington, NC (252) 948-9420
<http://www.washingtonparksandrecreation.com/>

Belhaven Senior Center: Free exercise classes on Tuesdays and Thursdays. The classes are adapted for individuals with health problems. Classes are open to anyone who might benefit regardless of age. 252-943-2992 is the contact phone number.

Eat Smart, Move More North Carolina: Eat Smart, Move More NC is a statewide initiative that promotes healthy eating and physical activity where you live, learn, earn, play, and pray. <https://esmmweighless.com/>

WIC: Women, Infants and Children is a nutrition education and food supplement program for children birth-5, or women who are pregnant or breastfeeding. All clients must meet medical and financial eligibility requirements. Beaufort County Health Services – (252) 946-9705 <http://co.beaufort.nc.us/>

Meal Support:

Meals on Wheels: Beaufort County DSS. Kelly Smith 252-940-6063. Every Thursday, free congregate meal program (transportation to meal site and a store are included)

Child Development:

Beaufort County Headstart: (252) 940-1282

Beaufort County Child Development: The CDSA serves children suspected of having developmental delays ages 0 to 3 years and their families. (252) 946-1938.

Daycare:

First United Methodist Church Child Care: (252) 946-3311

Care-O-World Enrichment Center: (252) 975-2811

Kid's Play: (252) 946-6073

Kids Kollege: (252) 975-3555

Light of the World Child Care: (252) 946-3176

O.O.O.H La La Nursery: (252) 717-1406

Rising Stars Learning Center: (252) 947-2002

Child Services:

Beaufort County Health Department: Beaufort County Health Department's mission is to promote, protect, and enhance the quality of life of our population by providing accessible quality public health services and education in order to improve the wellness of the community within a healthy environment. They serve the citizens residing in Aurora, Bath, Belhaven, Chocowinity, Pantego, Washington and Washington Park. Services provided breast and cervical cancer, care coordination for children, communicable disease services, disaster & emergency preparedness, immunizations, environmental health, family planning, health education and promotion healthy beginnings, HIV and sexually transmitted diseases, pregnancy care management, prenatal care, tuberculosis control, and Women, Infants, and Children (WIC). (252) 946-1902 BCHD (252) 946-9705 WIC

Pediatric Obesity Program: <http://bhckids.org/> Beaufort-Hyde Partnership for Children. 252.975.4647

Vidant Beaufort Hospital Breastfeeding Program: 4th Monday of every month at 7:00 pm at Vidant Wellness Center, 2610 Stantonsburg Road, Greenville. Infants and children are welcome, and child care is available. For more information, call [252-847-7439](tel:252-847-7439).

Adult Services:

Agape Community Health Center: 120 W. Martin Luther King Jr. Drive, Washington, NC (252) 940-0602

Beaufort County Public Health Department Diabetes Self-Management Education Program: provides education and support to individuals living with diabetes. Its focus is to counsel patients on blood sugar monitoring, physical activity, and proper nutrition. This program incorporates a team approach to diabetes care focusing on medical care, education, and health promotion. Doctor will need to fax referral to Michelle Linton, RN. 252-940-5096 (252) 946-8430 fax number. <http://co.beaufort.nc.us/userfiles/uploads/9/forms/referral-form-dsme.pdf>

Beaufort Environmental Health: ensures the health and safety of residents while reducing the threat of the spread of communicable diseases through evaluation and education of environmental health policies and regulations. 220 N. Market Street #101, Washington, NC. Please call Environmental Health at (252) 946-6048 for more information.

Hospice/Home Health:

Community Home Care & Hospice: provides skilled nursing, nurse aide, therapy, and other health care services in the home, working closely with and under the direction of the patient's physician. 222 Stewart Drive, Washington, NC 27889 (252) 946-0312

Vidant Home Health & Hospice: helps patients and families as they cope with a terminal illness. 1211 Highland Drive, Washington, NC 27889 (252) 975-8330

Respite Care:

Beaufort County Development Center: mission is to empower citizens with developmental challenges through service alternatives which promote self-sufficiency, self-direction, self-reliance, self-advocacy, self-actualization and self-direction. 1109 N. Respass Street, Washington, NC 252-946-1938.

Grace Martin Harwell Senior Center:

The mission of the Grace Martin Harwell Senior Center, as a division of the City of Washington Parks and Recreation Department is to provide programs and activities to enhance the quality of life and promote independent living for area adults 55 and older. 310 W. Main Street, Washington, NC 27889 (252) 975-9637 Senior Center They also offer free adult diapers to those over 55 with no insurance.

Dental:

Agape Community Health Center: 120 W. Martin Luther King Jr. Drive, Washington, NC (252) 940-0602

Beaufort County Health Department Dental Clinic: (252) 338-4400

Transportation:

Beaufort Area Transit System (BATS): BATS services are intended to provide safe, reliable public transportation in a respectful manner for the citizens of Beaufort County. For more information, please call (252) 946-5500.

Additional Services:

American Cancer Society: Provides tips to help in finding a physician and facility that will meet your specific needs, current treatment options for a wide variety of cancers as well as links to clinical trial sites. <http://www.cancer.org/> 252-695-9028

American Diabetes Association: Offers good basic information that everyone with diabetes will want to read. Separate sections are provided for both type I and type II diabetes. Learn about events happening in your local area or take a virtual grocery tour.

American Foundation for AIDS Research: AmFAR is the leading non-profit organization for the support of AIDS research. Their mission is to prevent HIV infection and the disease and death associated with it and to protect the human rights of all people threatened by the epidemic of HIV/AIDS. <http://www.amfar.org/about.html> 212-806-1600

American Heart Association: Extensive information on all topics related to heart disease including stroke, heart attack, and high blood pressure. You'll also find information on classes as well as educational programs for kids. 1-800-242-8721 <http://www.heart.org/HEARTORG/>

American Lung Association: Founded in 1904 to fight tuberculosis, ALA today fights lung disease in all its forms, with special emphasis on asthma, tobacco control and environmental health. <http://www.lung.org/> 1-800-586-4872

American Red Cross: The American Red Cross, a humanitarian organization led by volunteers, will provide relief to victims of disasters and help people prevent, prepare for, and respond to emergencies. 135 N Market Street, Washington, NC 252-946-4100

Carolina Pregnancy Center: a pregnancy care center committed to providing women and men with up-to-date information in order to make informed decisions about pregnancy, sexual health, and relationships. For more information, please call 252-757-0003.

Centers for Disease Control and Prevention: The lead federal agency for protecting the health and safety of people – at home and abroad – providing credible information to enhance health decisions, and promoting health through strong partnerships. <https://www.cdc.gov/> 1-800-232-4636

Center for Family Violence Prevention: The Center for Family Violence Prevention is a non-profit organization based out of Greenville, North Carolina dedicated to breaking the cycle of domestic violence.

Community Care Plan of Eastern Carolina: A partnership involving hospitals, physicians, health departments, social agencies, and the Brody School of Medicine that provides case management and coordination of care to Medicaid enrollees in the region. For more information, call (252) 847-6809.

Eastern Carolina Injury Prevention Program: The Eastern Carolina Injury Prevention Program (ECIPP) program strives to improve the health of area citizens by reducing the incidence and impact of injuries. The ECIPP vision is that citizens of eastern North Carolina will be safe and injury free on roadways, at work and school, at home and play and safe from violence at all times. In addition, we envision the continuous enhancement of systems, which promote the proper care of those who are injured.

Easter Seals: Easter Seals provides exceptional services, education, outreach, and advocacy so that people living with autism and other disabilities can live, learn, work and play in our communities. Easter Seals 6040 US Highway 17 N., Washington, NC (252) 940-1565

HealthFinder: Healthfinder is a free guide to reliable consumer health and human services information, developed by the U.S. Department of Health and Human Services. <https://healthfinder.gov>

Hope Clinic: Income based facility in Pamlico County (close to Auroro) www.hopeclinicnc.org Phone 252-745-5760

Mobile Crisis Team: Mobile crisis services involve all support, services, and treatment necessary to provide integrated crisis response, crisis stabilization interventions, and crisis prevention activities 24 hours a day / 7 days a week. Crisis intervention services are provided at any location in the community to reduce barriers to service delivery. Can provide services for all Beaufort County. 1-866-437-1821

North Carolina Child Advocacy Institute: The North Carolina Child Advocacy Institute (NCCAI) is an independent, non-profit, non-partisan, multi-issue organization that influences public policy in favor of all children and youth below the age of eighteen residing in North Carolina.

Ronald McDonald House Charities: the Ronald McDonald House program provides a "home-away-from-home" for families so they can stay close by their hospitalized child at little or no cost. For more information, please call (252) 830-0062.

Start With Your Heart: Public Awareness Campaign of the North Carolina Heart Disease and Stroke Prevention Task Force focusing on the state's most at-risk counties. For Northeastern Regional information, please call (252) 902-2451.

Suicide Prevention Resource Center: The Suicide Prevention Resource Center (SPRC) provides prevention support, training, and resources to assist organizations and individuals to develop suicide prevention programs, interventions and policies, and to advance the National Strategy for Suicide Prevention. <http://www.sprc.org/> 1-88-273-TALK (8255)

Work First: North Carolina's Temporary Assistance for Needy Families (TANF): This program, called Work First, is based on the premise that parents have a responsibility to support themselves and their children. Through Work First, parents can get short-term training and other services to help them become employed and self-sufficient, but the responsibility is theirs; and most families have two years to move off Work First Family Assistance.

Additional Organizations

American Association of Poison Control Centers 1-800-222-1222

Carolinas Poison Center 1-800-222-1222

Children's Home Society of North Carolina 1-800-632-1400

East Carolina Behavioral Health 1-877-685-2415

Emergency Contraception 1-800-584-9911

Healthy Start Foundation 1-800-FOR-BABY (367-2229)

National Domestic Violence Hotline 1-800-799-SAFE (7233)

National Sexual Assault Hotline 1-800-656-HOPE

Planned Parenthood 1-800-230-7526

National Alliance on Mental Illness 1-800-950-6264

National Drug Abuse Hotline 1-800-662-HELP (4357)

National Gay Task Force (202) 393-5177

National Mental Health Association 1-800-969-6642

National Suicide Prevention Lifeline 1-800-784-2433

Rape Crisis Center 1-800-656-4673

Real Crisis Center (252) 758-HELP (4357)